

SETTING UP A DEFENSIVE WALL

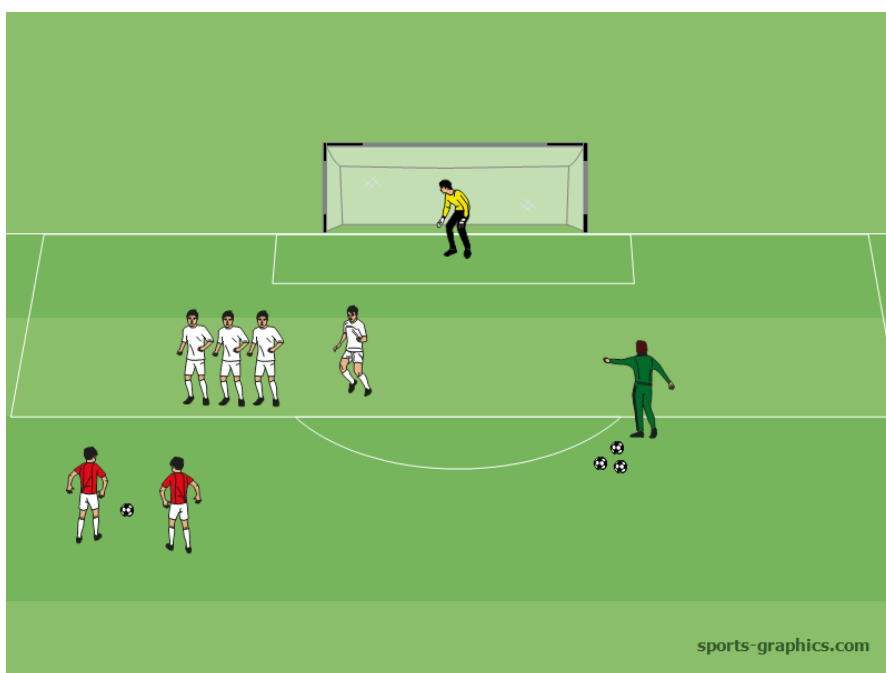
Learning how to set up a defensive wall

TACTICAL

PSYCHOLOGICAL

Goalkeeping

Defending Set Plays



Set up the scenario around the penalty area to simulate a free kick..

Coach to plant ball on ground and blow whistle.

The goalkeeper sets up their wall based on the situation.

- Taller player on the outside.
- Assign designated player to line wall (Player 2 who is the middle person in the wall).
- Player 2 goes straight to position of free kick.
- GK instructs Player 2 on how many players required for the wall. ie. 2, 3 or 4.
- GK should use two or three players dependant on position of ball plus a charger for direct free kicks.
- Number of players in the wall decreases the further the free kick is from goal.

- GK ensures one player (tallest) is outside of Player 2.
- Player 2 walks back facing GK, moving left/right on GK instructions until 10yds from ball.
- GK positions Player 2 to be in line with the inside post.
- GK needs to be positioned non-wall covered post (1-2yds off line in relation to ball position).
- GK never stands behind wall.

GK must see the ball.

VARIATIONS AND PROGRESSIONS

To progress, the coach can then change the position of the ball as well as build in different scenarios.

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- Awareness and decision making in quickly changing situations.
- Goalkeeper will learn how to set up a wall effectively.
- Goalkeeper will understand their role in ensuring the wall is correct.

KEY FACTORS

- Alertness when set piece conceded
- Communication
- Cover all angles
- Early decision
- GKs to make themselves look as big as possible
- Good set position - body weight forward and balanced on the balls of feet
- Good/correct technique
- Install confidence in the defence
- Knees slightly bent
- Know the location of the goalposts
- Positive attitude
- Take assertive action

FOCUS AREAS

- Does the goalkeeper do things quickly?
- Does the goalkeeper get their message across well?
- Encourage good communication.
- Ensure the goalkeeper uses good footwork to move laterally, forward and backwards in relation to positioning the body for the next action.
- Is the goalkeeper focused and organised?
- The goalkeeper should watch/assess the flight of the ball.

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